LIONS PRIDE MONTHLY

November 2026

Living the Lion's Faith from Mrs. Luzzo: In Catholic tradition, November is designated as the Month of the Holy Souls, a time dedicated to remembering and praying for the deceased by honoring both the saints in heaven and the faithful departed undergoing purification in purgatory. This practice is deeply rooted in the doctrine of the Communion of Saints, which unites the Church Triumphant (the saints in Heaven), the Church Penitent (the souls in Purgatory), and the Church Militant (the faithful on Earth). November's spiritual significance stems from the back-to-back observances of All Saints' Day on November 1 and All Souls' Day on November 2, a liturgical calendar that also serves as the foundation for *Día de los Muertos* (Day of the Dead). Originating in Mexico and observed across many Spanish-speaking cultures, *Día de los Muertos* blends indigenous heritage with Catholic traditions to celebrate departed loved ones through colorful altars (*ofrendas*), prayers, and cemetery visits. Rather than teaching that souls are automatically released during this period, Catholic theology emphasizes that November provides extraordinary spiritual opportunities—including daily plenary indulgences during its first eight days—to aid the souls of the faithful departed on their journey into eternal glory. To honor these teachings, HTCS faculty, staff, and students will dedicate the month of November to praying in a special way for all family members and friends who have passed on through prayers, loving remembrances, and the Holy Sacrifice of the Mass.

Lion's Learning Lessons from Mrs. Carman: Encourage Independence and Everyday Life Skills: Learning to do things independently is an important part of a child's development. Encourage your child to practice everyday skills such as tying their own shoes, zipping their jackets, fastening buttons, organizing their belongings, and packing their backpacks. These little tasks may take extra time and patience, but they help build confidence, responsibility, and independence. Remember to celebrate their efforts, even when they don't get it right the first time!

Celebrate Effort and Progress: Learning is a journey, and every child grows at their own pace. Give children opportunities to try things on their own, solve problems, and learn from their mistakes. A little encouragement goes a long way!

As we approach Thanksgiving, we are especially thankful for the partnership between our school and families. Your encouragement and involvement make a meaningful difference in your child's academic growth and personal development. Thank you for helping our students become

confident, capable, and independent learners!

Wishing all of our families a happy and safe Thanksgiving!

Raising Lions from Mrs. Hines - Raising Adults: The Lasting Power of Manners: At school and at home, we are not just raising children — we are raising future adults. The habits, character traits, and manners we instill now will stay with them for a lifetime.

Simple courtesies matter. Saying "Yes, ma'am," "No, sir," and "No, thank you." Holding the door for someone. Waiting their turn. Offering help. Putting others first. These small, everyday actions shape respectful, thoughtful individuals.

Manners are more than polite words — they reflect humility, kindness, and self-control. They teach children how to value others and how to carry themselves with confidence and grace in any setting.

As a faith community, we are reminded to love our neighbor and to treat others the way we want to be treated — the Golden Rule. When these values are consistently reinforced at home and at school, they become part of who our children are, not just something they are told to do.

Thank you for partnering with us in shaping not only strong students, but strong character. **The lessons we teach today will echo throughout their lives.**

The Healthy Roar from Nurse Rene - A Season of Gratitude: Thankful Hearts, Healthy Bodies - November is a wonderful time to slow down, reflect on our blessings, and remember the importance of gratitude, kindness, and caring for one another. As we approach Thanksgiving, let's encourage our children to appreciate the people who make a difference in their lives and remember that taking care of ourselves is one way we can show gratitude for the gift of health.

Nourish Your body- Encourage your child to enjoy balanced meals with fruits, vegetables, whole grains, and protein. A healthy breakfast helps students feel energized and ready to learn throughout the school day.

Don't Forget to Hydrate!- Water helps our bodies function properly and keeps us feeling our best. Please remind your child to bring a refillable water bottle to school each day.

Rest Is A Gift- Growing bodies and busy minds need plenty of sleep. A consistent bedtime routine helps children feel refreshed, focused, and ready for the day ahead.
Stop Germs Before They Spread- Cold and flu season is here! Remind your child to wash their hands frequently, cover coughs and sneezes, and avoid sharing drinks or food. These simple habits help protect our entire school community.

Gratitude Starts With Kindness- Gratitude isn't just about saying "thank you". It's about recognizing the good around us and showing appreciation through our actions. Encourage your child to thank a teacher, help a friend, share a kind word, or lend a helping hand at home. Even the smallest acts of kindness can make someone's day brighter!

A Healthy Reminder For Families- As we gather with family and friends this Thanksgiving, please remember to keep sick children home from school. Students must be free of fever, vomiting, and diarrhea for at least 24 hours without the help of medication before returning to school. If your child becomes ill at school and needs to be picked up, a parent or guardian must arrange pickup within one hour. Please also make sure I have updated medication information and necessary medication forms on file. Life-saving medications including inhalers and EpiPens, should be provided to the school as soon as possible when needed.

Our November Family Challenge- This month, encourage your family to share one thing you are thankful for each day. Whether it's family, friendship, good health, or a thoughtful act of kindness. Taking time to appreciate our blessings helps nurture grateful hearts.

Wishing all of our families a happy, healthy, and blessed Thanksgiving filled with love, gratitude, and wonderful memories!

VIRTUE OF THE MONTH: Charity (Caritas)

Love of God above all things, and love of neighbor for the love of God

MISSION STATEMENT - Holy Trinity Catholic School, a ministry of Our Lady Star of the Sea Parish, offers to early childhood and elementary school students of diverse ethnic, economic, and religious backgrounds a superior academic program based on Gospel values. Within a family atmosphere, the school strives to develop the spiritual, academic, personal, creative, and physical growth of each student.

VISION STATEMENT - Holy Trinity Catholic School students will be fully prepared to transition to middle school possessing critical thinking skills, an ability to work independently as well as collaboratively, and an awareness of what it means to actively live the Gospel values.